

SOUTHWEST POOL



SOUTHWEST POOL

WWW.SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM

2801 SW Thistle

Seattle, Washington 98126

206-684-7440

PROFESSIONAL STAFF:

Caroline Marshall – OOC Aquatic Center Coordinator

Anne Barnes—Assistant Aquatic Center Coordinator

Fall/Winter HOURS OF OPERATION:

| | |
|--------------------|-----------------|
| Monday & Wednesday | Noon—8:30 pm |
| Tuesday & Thursday | Noon—9:30 pm |
| Friday | Noon—8 pm |
| Saturday | 9:30 am—3:30 pm |
| Sunday | 11 am—6 pm |

FEES

RECREATIONAL SWIM PRICES:

| | |
|--------------------------|--------|
| Children under 1 | Free |
| Youth (Age 1-17) | \$3.75 |
| Adult (Ages 18-64) | \$5.25 |
| Senior Adults (Ages 65+) | \$3.75 |
| Special Populations | \$3.75 |

FITNESS SWIM PRICES:

| | |
|----------------------------------|--------|
| Adult Fitness | \$6.50 |
| Youth/Senior/Special Populations | \$4 |

OTHER FEES:

| | |
|-----------------------|--------|
| "Just a Shower" | \$5.25 |
| Towel Rental | \$0.50 |
| Coin-Operated Lockers | \$0.25 |

SCHOLARSHIP DISCOUNT PRICES:

(Requires proof of income and may take 4-6 weeks for approval)

| | |
|---------------------|--------|
| Discount Recreation | \$2.00 |
| Discount Fitness | \$3.00 |



**GIVE THE GIFT OF
SWIMMING!**

**GIFT CERTIFICATES ARE
AVAILABLE FOR ANY AMOUNT**

NEED STOCKING STUFFERS?

| | |
|----------|-------|
| GOGGLES | \$5-7 |
| SWIM CAP | \$4-8 |

PRIVATE LESSONS ARE AVAILABLE DURING THE HOLIDAY BREAK

**\$36 FOR 30 MINUTE ONE-ON-ONE LESSON
+\$12 FOR EACH ADDITIONAL STUDENT**

RECREATIONAL SWIM & FITNESS PROGRAMS

Womens' Swimming: Single gender swimming opportunities for women who because of cultural, personal or religious reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female staff are employed. Females age 12+ only. Call for details on swimming lessons and recreational swim times.

Adult/Senior Adult Swim: This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

Lap Swim: This program is designed for serious swimmers and those who want to work on conditioning. Some lanes may be reserved for private lessons.

Masters Workout: This coached workout is designed for anyone looking for a lap swimming focused training program. Great cross training opportunity. Not offered in summer.

Family Swim: This swim is a recreational swim time for the family. A parent/guardian must accompany youth younger than 18 in the water.

Public Swim: This is a recreational swim for swimmers of all ages. Children who do not meet our height requirement of 4 feet must be accompanied into the water by an adult 18 or older.

Senior Adult Water Exercise: This shallow water class provides a recreational and therapeutic exercise time for senior adults. No swimming ability necessary.

Adult Afternoon Water Exercise: This great new deep/shallow combo water fitness class is designed for adults of all ages and abilities. No swimming ability necessary. Not offered in summer.

Adult Water Aerobics: This shallow water class, set to "pump it up" music, is designed to build strength, flexibility and cardio. No swimming ability necessary.

Adult Hydro-Fit: This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Deep water comfort required.

DISCOUNT QUICK CARD!

Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation.





To purchase a discount quick card, visit any pool. A photo is taken at the time of purchase. Cards are issued to individuals and are not transferable

SOUTHWEST POOL

December 21, 2015—January 3, 2016



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|-------------------------------|--|
| Adult & Senior Swim 11-12:30pm |  Special Holiday Swims are marked with a snowflake Pool Closes at 2:30pm on Thursday 12/24 and 12/31 Pool Closed all day on Friday 12/25 and 1/1 | | | | | Lap Swim 9:30-10:30 |
| | | | | | |  Public Swim 10:30am-12pm |
| Personal Lessons 12:30-1:30 | Adult & Senior Swim Noon—1:30pm | Adult & Senior Swim Noon—1:30pm | Adult & Senior Swim Noon—1:30pm | Adult & Senior Swim Noon—1:30pm | Pool Closed All Day | Lap Swim Noon-1:00pm |
| | Afternoon Water Exercise 1:30-2:15 pm | Senior Water Exercise 1:30-2:15 pm | Afternoon Water Exercise 1:30-2:15 pm | Senior Water Exercise 1:30-2:15 pm | | Public Swim 1:00-2:00pm |
| Family Swim 2:00-3:00pm | |  | | Pool Closed 2:30pm | | |
| | | Public Swim 2:30-4:00pm | | | | |
| Break 3:00-4:00 | Lap Swim 3:00-4:00pm | | Lap Swim 3:00-4:00pm | | | Women's Public Swim 2:30-3:30pm <i>(Females Age 12+)</i> |
| Public Swim 4:00-5:00pm |  | Lessons & Comp Stroke 4:00-5:00pm |  | | | Personal Lessons 3:30-4:00pm |
| | Public Swim 4:00-5:30pm | | Public Swim 4:00-5:30pm | | | |
| Lap Swim 5:00-6:00pm | Lap Swim & Masters 5:30-6:30pm | Lap Swim 5:00-6:00pm | Lap Swim & Masters 5:30-6:30pm | | | Rentals Begin at 4:30pm Call to Schedule 206-684-7440 |
| Rentals Begin at 6:00pm Call to Schedule 206-684-7440 | Personal Lessons 6:30-7:30 | Personal Lessons 6:00-7:30 | Personal Lessons 6:30-7:30 | | | |
| | Public Swim (shallow end only) 7:30-8:30pm Hydrofit 7:30-8:15pm | Public Swim 7:30-8:30pm | Public Swim (shallow end only) 7:30-8:30pm Hydrofit 7:30-8:15pm | | | |
| | | Shallow WX & Hydrofit 8:30-9:15pm | | | | |